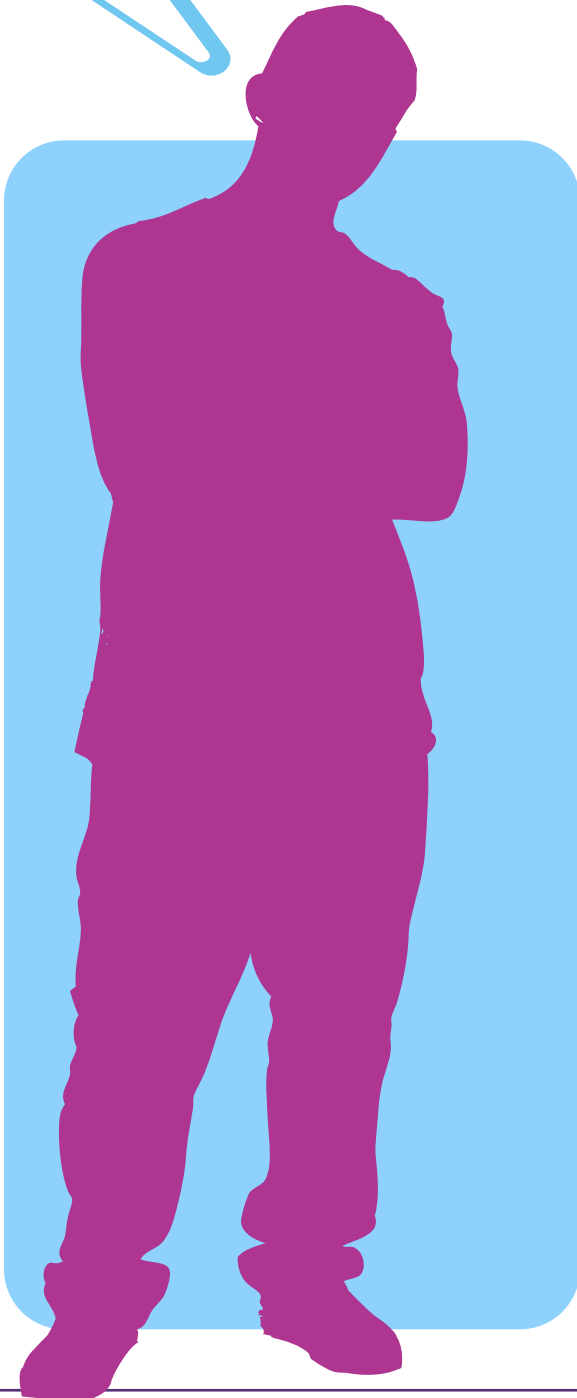




## Check It: Emotional Well-Being

What is emotional well-being?



Your well-being is influenced by many factors. Although emotional wellness is something that isn't always on your mind, it can often impact your overall well-being. There are many ways to improve and maintain your emotional wellness and overall enjoyment of life.

### Section 1

#### What is emotional well-being? Why is it important?

Emotional well-being is your overall ability to produce healthy emotions, thoughts, and feelings when faced with difficult circumstances or challenges. It's your ability to stay grounded when you are in situations that you feel are out of your control. Maintaining your emotional well-being is an important factor in staying healthy.

### Section 2

#### What is self-compassion? How do I practice self-compassion?

Self-compassion is greeting yourself with understanding and patience. There are so many ways you can practice self-compassion!



# NEED TO KNOW SERIES

## Check It: Emotional Well-Being

### Section 3

#### What is emotional self-care? How can I practice emotional self-care?

Emotional self-care is noticing and nurturing your feelings and emotions. There are many quick tips that will help you to become more in touch with and accepting of your emotions.

### Section 4

#### How do I recognize when I need an emotional break?

Sometimes it can be difficult to recognize when you need an emotional break. There are many signs that indicate that you may be in need of an emotional break, such as irritation, fatigue, or aggression. Check out this section for additional information and resources!

### Section 5

#### What are boundaries? How do I create and maintain healthy boundaries?

Boundaries are used as a way to create space between you and another person and can serve as a way to protect your overall well-being. Maintaining boundaries can be difficult and sometimes scary but it does not have to be. Check out some ways to set and maintain healthy boundaries!

